

## ROASTED CARROT SOUP

By Kimberli Washington, Public Information Office



*Carrots have a good source of vitamin A and are good for vision health, assisting the liver with flushing out toxins from the body, healthy skin, cancer prevention and anti-aging.*

### Ingredients:

- 1  $\frac{3}{4}$  pound carrots (about 7 large carrots)
- 6 cups vegetable stock (low sodium)
- $\frac{1}{4}$  cup olive oil
- 1 piece ginger, peeled
- 1 sprig thyme
- $\frac{1}{2}$  large garlic clove, minced
- Salt and pepper, to taste

### Directions:

- Place baking rack about 6 inches from heat in oven source and pre-heat to broil.
- Peel and cut carrots to  $\frac{1}{2}$  inch rounds. Place on baking sheet and toss with about 2 tablespoons olive oil.
- Broil carrots and turn every 5 minutes until they begin to soften and brown (about 20 minutes).
- While carrots are broiling, bring stock to a boil. Add in ginger and thyme and let simmer for about 15 minutes.
- In a medium stock pot, brown onions with remaining olive oil. Add minced garlic and broiled carrots.
- Remove ginger and thyme from stock and add stock to pot with carrots, onion and garlic.
- Bring to a boil and simmer about 10 minutes or until carrots are soft to puree.
- Use an immersion or stand blender to puree soup until smooth. If too thick, add a little more stock or water, and simmer until desired consistency.
- Add salt and pepper to taste.
- Serve and enjoy!!!

**Disclaimer:** It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.